The Hampden Hippocrat

A Bulletin for the Hampden District of the Massachusetts Medical Society

VOLUME II APRIL, 1943 NUMBER 1

# GUEST EDITORIAL

In the Spring—If one can believe Lord Tennyson—a young man's fancy turns to thoughts of love. But it's love of home if he is a fighting man. And it turns not so lightly if he is a far-flung son of Aesculapius transplanted in the ooze of the jungle, observing, perforce, the devious ways of crawling things all the way down from vipers and spitting cobras to Nipponese snakes in the grass; or yet on the restless sea, shaving ice from passing bergs for his daily arctic coke; or merely to the sands of brightest Africa, spraining digits at fungo baseball like Sam Fox. "I'll never say anything against Holyoke again," the latter wrote to the Hippocrat, who has learned as well that George Ross heartily wished himself back in the same surroundings, as he cooled his over-heated dogs after a fifteen-mile training hike.

They will be back in some future springtide, which it is to be hoped will not be postponed as long as the current season has been. Most, if not all of them, will return, we feel sure, but we wish we might feel equally certain of what these men who are making the sacrifices will find when they do come home. What of those who have been stoking the home fires? Will they endeavor to hold the patients of the Sams and the Georges too? And will they cling to the leading staff appointments as of yore?

The Hippocrat already has urged that practices of the absentees be treated as solemn trusts and kept alive, (and kicking, too), if possible, and not as legitimate prey, like the hindmost, for the devils who remain at home. Too many were despoiled twenty-five years ago to warrant much assurance. We wish to be recorded as in favor of these younger men being given the active responsibility of staff work along with such honors as may accrue. In the first place, their war-time training and field work will have taught them the worth of recent advances in medicine and surgery, a number of which have not been available to the home guard. The new splints which the Navy has employed with such success in the treatment of fractures, are only one instance. And secondly, the overworked oldsters, we believe, will be ready for a spell of relief themselves.

Youth all over the world is earning with blood and sweat the right to shoulder responsibility. Lest there be tears too in Hampden County, let us ask them to take over, when their time at last shall come. No truer tribute could be given to these men who volunteered to do our fighting for us than to recognize their merits in this way.

NED BAGG

# Hampden Hippocrat

"Life is short and art is long, the occasion fleeting, experience fallacious and judgment difficult." —Hippocrates, 430 B.C.



OFFICERS OF THE
HAMPDEN DISTRICT MEDICAL SOCIETY
President—Dr. E. A. Knowlton
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We hope you attended the State Society meeting in Boston May 25th and 26th. Your interest and cooperation is essential to medical progress.

Medicine can not coast during the war, unless it coasts downward. Medicine does not mark time, and aggressive activities must be maintained.

If we are disposed to think that until the war is over there will be little new in medicine, we are mistaken. War is a great expediter, but analysis of most of the widely used life saving and diagnostic proceedures reveals that they are the development and application of latent civilian studies.

When peace comes, we may very likely have unfamiliar diseases to deal with. Most of us have only a very sketchy knowledge of tropical diseases, and we must prepare ourselves by attending meetings and by individual study to meet our responsibilities.

Medical meetings refresh and stimulate, and if only one new item which can be put to work, is brought home, the time has been well spent. G. L. S.


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## Dr. Geran's Letter

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of an athletic field, several tennis courts, outdoor swimming pool, etc., so you can easily guess what this was before the war.

I was over to the third station hospital the other day to see Lt. Louise Sullivan, and while there met Charlie Brocher (a former Mercy interne). Ray Conway (another interne) stationed close by the third station was out on a field problem so I didn't see him.

Our recreational facilities are sufficient to prevent boredom. We have all kinds of athletic equipment, an officers softball team, which plays the enlisted men once or twice a week, bicycles, which most of us have, are our best means of transportation. I've played two rounds of golf and expect to play more. The course is about three miles from the hospital (a good bicycle ride) in pretty good shape and tricky. New war time went into effect recently, which means blackout doesn't begin 'til about 9:15 P M. so expect to get in some twilight golf.

Liquor is still scarce and again been recently taxed. Scotch is about $5.50 a fifth and not as good as you get back home.

We've had no enemy activity around here in a long time. We often hear the bombers passing overhead at night on their missions over Germany and France. They sure have been giving them "Hell" lately.

Well, Joe, Guess I'll get back to work, so will close for now. Best regards to you and your family. Remember me to all the hospital staff. Sincerely, Bill.

*NOTE ENCLOSURE: Are you letting the other fellow do all the fighting for Medicine?*


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We have read of rationing on the other side of the Atlantic for some years now with an academic interest which even became professional when reports were published of mass starvation in Poland and Greece and of renewed inroads of tuberculosis in the underfed peoples of France and Belgium. The thousands of miles of intervening water seemed to remove the problem of food from the immediate concern of the individual citizen of Hampden County. Even Prime Minister Churchill's limitation to one egg for breakfast seemed more a source of amusement than of anxiety. He could do with a bit of banting to judge from his portraits, and seems to prefer a cigar in his mouth anyway.

But here we are in the actual presence of restricted food, with the heretofore free flowing milk and honey themselves about to be rationed in the land, and meatless days removed from academic discussion to the arena of actual existence. The facts need no reiteration. The world must be fed, including ourselves. Difficult as the task may sound, it is not impossible. But it does require expert attention and the cooperation of all concerned. It is folly, for instance, to ask a lumberjack with the appetite of Paul Bunyan to chop and saw on one and a quarter pounds of meat per week. And the flow of wood from the forests must not falter. Rules therefore must be modified.

Life-long habits too must give way to the demands of war—and a good thing it will be for many—to judge from the large number of draft rejections due to defects traceable to improper eating. The American sweet tooth is not a prideful possession, and the disdain of chuck roasts, and other cheaper cuts smacks of pampered children rather than intelligent adult citizens who realize that protein is protein no matter how it is disposed. We must get off those high horses and find out how good tripe can be, and kidney pie or blood sausage—yes, even the horses themselves, provided they can be caught.

If your Victory garden runs to tares rather than succulent vegetables, look over the pesky weeds and eke out from them your dietary needs without coupon books. Or scan the roadsides, not forgetting your front lawns. In addition to vitamines and minerals, you will find variety which, as you know, is the spice often missing in the rationed life.

Dig those dandelions! Cull that cress from beside the brook—if you know it is not polluted. Toss them both in your salad bowl, but their greenery must be in the pre-bloom, adolescent stage to avoid bitterness. The same is true of the wild greens to be cooked: stinging nettle, marsh Marigold, dock, milkweed, chicory, wild onion, lamb's quarter, summer mustard, pokeweed, sorrel and, of all things, purslane. If you have struggled with a garden before this, you will recognize the last named as "pursley," that reddish, fleshy, prolific pest which is so persistent. It sounds too slimy for words, but Italians who know their garlic have eaten it for generations.

Warning signals should be hoisted for amateur collectors of roadside collards to avoid calamities. Shun all members of the wild carrot family such as Queen Ann's Lace and others which have dissected foliage and a strong odor when crushed. Woody-stemmed plants are not eaten with impunity, as for example poison ivy. Mushrooms too must be left severely alone unless they are very familiar. The deadly amanita may be quite alluring to the eye.

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The rapid rate of advancement of physio-chemical knowledge, accelerated as it is by the war, creates for the practitioner of medicine the difficult problem of keeping pace with all the new discoveries. Even a Sartan allocation of the twenty-four hours for ministering, refuelling and sleep, leaves scant opportunity for reading even in normal times. With the additional demands of war, the short-handed battlers on the home front, whose time is about the only commodity which still may be consumed **Ad libitum** without the requirement of ration books, find themselves baffled and too weary to follow the gyrations of benzol rings and agile hydrocarbons.

The literature of the ubiquitous vitamines alone is much too vast for the resources of the g. p., . Q. Lapius. And the surveyors of these vital elements have added their quotas—much of it **sine-qua-nonsense**—to the heaps on medical desks. Whoever sits before those mounds of mail may glean brightly colored crumbs of information from the surfeit of blotters which exudes from the mass. Perhaps if Editors Nye and Fishbein would take a hint from the more artistic pharmaceutical brochures and brighten up their Journals with four-color plates, the end results might improve. Instead of traditional sugar, the modern pill, significantly, requires a veneer of Kelly green or hunter's pink to mask the ferrous sulphate and promote its distribution.

To help relieve the situation, the Hippocrat is glad to pass on information. Another new vitamine has been discovered in the G group. Folic acid, so-called because it is found in leafy vegetables, is produced by bacteria which grow in the intestines. This chemical prevents leukopenia however caused. By inhibiting the growth of such bacteria, the sulphonamides may produce this depletion if they have been administered for more than two weeks.* Bitin, inositol and p-aminobenzoic acid are other new B vitamines which should be watched. Alert researchers of the Army Medical School have discovered that the last-named acid which is essential to the development of bacteria such as staphylococci, the cholera vibrio, and dysentery bacilli, when produced in increased amounts, neutralizes the effect of the sulfonamides. Thus the occasional failures in therapy are explained. Strains of staphylococcus aureus upon exposure to increasing doses of sulfathiazole, produce offspring which are resistant to the drug. Some were found to produce seventy times as much p-aminobenzoic acid as the original generation. Such sulfa-fastness has been shown to continue indefinitely.*

How doth the little busy Bs
Improve all opportunities,

To paraphrase Sir Isaac Watts—
To fill the needs of the have-nots.
By someone's Nell you may do wrong
In sulfadosing like P. Long!

And speaking of sulfonamides, it is advisable for another reason to use them sparingly. Their production is not unlimited and the armed services have first call on them. Already the supply of sulfadiazine has been exhausted at some stations, though temporarily. Therefore only enough should be ordered to cover minimal needs, and excess amounts turned in so that no child shall be deprived of these live-saving remedies. Although the drug industry according to George van Gorder, President of the National Wholesale Druggists Association,** faces an increasing scarcity of certain products, a thoroughly tested system is in force to get these materials to any given spot and in adequate amounts to meet any emergency. And millions of dollars worth of the most important drugs, chemicals, serums and other medical and hospital supplies have been stored in wholesale depots in all sections of the country. Still, hoarding should be tabu and a black market in medicines is unthinkable. Waste not, want not, weazle not!

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* Science, March 19, 1943.

** Report of the special war meeting in Chicago by the A. P. in the New York Sun, April 14, 1943.

# Academy of Medicine's Medical Library

Not all physicians of this region are aware of the fact that there is a medical library at 20 Maple Street, Springfield, which is managed jointly by the City Library Association and the Academy of Medicine. The library is acessible from 9 in the morning until 9 at night. Forty-eight journals are received regularly and a score or two of the latest medical monographs are bought each year.

Unlike many medical libraries, the books here are not restricted to use on the premises, but they may be borrowed for short periods. This is often a decided convenience when a physician is writing a paper or prosecuting research at home. For this, the back files of the periodicals which are well indexed are especially useful.

Owing to war conditions and the absence of so many physicians, the funds available for maintaining the library, which are contributed jointly by the City Library and the members of the Academy, are scanty just at present. As a result, the binding of the periodicals into volumes is nearly two years behind and the number of medical books which can be purchased is somewhat smaller than in past years.

It has been suggested that physicians, especially out-of-town physicians, who are not members of the Academy but appreciate the existence of a good, though small, working library in this center, may be glad to contribute to its support. If so inclined they should send checks addressed to the Chairman of the Library Committee, Springfield Academy of Medicine, 20 Maple Street, Springfield, Mass.

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# Training of Nursing Attendants

The Community School for Nursing Attendants, 145 State St., Springfield, announces the opening of its first class of training at the Wesson Memorial Hospital, May 1.

Founded to alleviate the shortage of nursing care in the community, the school will prepare students to care for convalescents or chronically ill patients, or those suffering from minor ailments in hospitals or homes, and to care for mothers and new-born babies after a normal delivery under the supervision of qualified physicians. Students will also be trained to assume responsibility for management of the home during the temporary illness or absence of the mother.

Conducted under the joint sponsorship of the Wesson Memorial Hospital, the Wesson Maternity Hospital, the Visiting Nurse Association and the Department of Adult Education of the Springfield School System, the school meets the minimum standard of a 12 months' course required by the State Approving Authority, with four months' supervised practice in the homes Following this period, students will be qualified for the state examination for licensure as registered attendants. The curriculum includes hygiene, housekeeping, nutrition, care of the mother and new-born infant, children and convalescent and aged patients. Full maintenance is provided at Wesson Memorial Hospital.

Classes are admitted May 1, July 1 and October 1. Applicants must be 18 years or over having completed the ninth grade.

The school is approved by the Academy of Medicine, the Nursing Alumnae of the City of Springfield, the Department of Public Health and the Health Promotion Council of the Council of Social Agenies. The Junior League has contributed toward its organization through financial support. J. S.

## National Physicians' Committee

This committee is in no way associated with the Massachusetts Medical Society, but it so happens that in the state of Massachusetts the individual members of the Legislative Committee have agreed to serve as a state N. P. C. Committee. This is coincidental, but it assures an activity of membership on this committee.

The chairman is Dr. William B. Breed whose office is at 264 Beacon Street, Boston, Massachusetts. As time goes on Dr. Breed will give such information to the members of his committee as is necessary in the protection of medical practice as we now know it.

The editors of this journal have allowed the N. P. C. this space for this issue. Again let it be said that there is no relation between the N. P. C. and the Massachusetts Medical Society. The former is a group of Massachusetts physicians working under the National Physician's Committee for the good of all.

## Legislature Committee

Dr. B. F. Conley, chairman of the Massachusetts Medical Society, Legislative Committee, gives us the following information about his committee work in this session of the legislature.

The legislative matters are about all cleared up. The Committee on Public Health of the Legislature has been very cooperative and has respected the wishes of the M. M. S. in practically every instance. This year's committee has been headed by Senator Montminy as Senate Chairman and Representative Bessette as House Chairman. The male members of the body have been very fine and sensible.

The bill providing for doctors to have a blood test taken every six months and have the result of such test posted on the wall of his office, was thrown out bodily.

## Academy of Medicine Meeting

The guest speaker of the evening was Dr. Wilhelm Raab, for five years associate professor of medicine at the University of Prague and subsequently for ten years associate professor of medicine at the University of Vienna for the past four years, associate professor of clinical medicine at the University of Vermont Medical School, who spoke on "Hormones and Heart Disease."

Dr. Raab reviewed the cardiac features in obviously clinical endocrine disorders, including cardiac states produced in hyperthyroidism, in myxedema, in gonadal disfunction, including menopausal syndrome and in pituitary disorder, the last named of which he stated probably exerted its effect on the heart through the adrenotropic substances.

He spoke of the correlation between effects produced by tumors of the adrenal cortex, paragangliomas, including those of the adrenal medulla and the experimental administration of desoxycorticosterone acetate, the injections of which have been proven to have caused cardiac enlargement and pathological changes in electrocardiogram consistent with myocardial anoxia.

Dr. Raab then spoke of cardiac disease of not obviously endocrine origin and emphasized the tremendous role played by adrenalin in causing changes in the morphology and chemistry of heart muscle. He stressed the point that adrenalin was only one secretion of the adrenal medulla and that other substances secreted by the adrenal medulla activated and intensified the effects of adrenalin. He also included a discussion of sympathin which he stated was probably identical with adrenalin and was produced all over the body, including the heart muscle. In discussing therapeutic implications Dr.

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Raab spoke of the fact that digitalis chemically and biologically resembles the steroids and that numerous investigators had stated that its effect probably is mediated through the adrenals.

Dr. Raab briefly mentioned the promising work now being done with vasopressor amines. He suggested that in the future enzymatic factors might be found to inhibit the accumulation and action of "A-C" substances and thus be helpful in the management of clinical heart disease. William J. Mulligan, M. D.

## April Hampden District Meeting

The meeting of the Hampden District Medical Society held at the Hotel Kimball on April 27, 1943, should have been more largely attended. It was the annual meeting, reports of officers were received, business of importance was considered, and new officers for the coming year were elected and installed.

Absentees were especially the losers in not being present for Dr. Linton's discussion. He gave a very informative and helpful presentation of phlebitis and thrombosis, and of phlebo-embolic disease in general. Fatal pulmonary embolism is all too often the unexpectedly tragic ending of an otherwise successful surgical adventure. These fatal emboli usually originate from phlebitis with thrombus formation in the deep veins of the calf, and while ocasionally they are not suspected until the calamity occurs, much more often clinical evidence of their presence is to be found if the surgeon will only seek it. Temperature rise and a rapid pulse not otherwise explained is highly suggestive. Discomfort in the legs, tenderness of the deep calf muscles, and a positive Howans' sign are the most reliable guide. Dr. Linton has found venography unreliable and even confusing; he has therefore practically given it up. He reports that after operating upon one extremity and securing a normal venogram upon the other, he has nevertheless seen fatal embolism arising from the extremity with the normal venogram. This same circumstance leads him to conclude that if non-fatal embolism occurs, then both femoral veins should be operated upon.

The operation demonstrated in his five technicolor films consists in double ligation and interruption (division) of the superficial femoral vein. Any thrombus in the proximal segment is removed by aspiration. He points out that below the inguinal ligament and above Hunter's canal, the superficial femoral vein can be easily located, isolated and separated from the femoral artery. The pulsation of the artery is a most excellent guide, as here the artery lies anterior to the vein. He prefers not to ligate and interrupt the common femoral because of liklihood of severe edema of the extremity. The operation should be done under local anesthesia, and can be done without moving critically ill patients from their bed.

In prevention, Dr. Linton stressed the importance of early exercise of the extremities, and condemned in strong words the post-operative application of tight adhesive strips and binders to the abdomen. He said there is merit in the proposal that patients be made ambulatory immediately after operation.

Tabulation of cases indicated the steady increase in frequency of operation, and suggested that many lives can be (and are) saved by properly chosen and properly timed operative treatment of thrombophlebitis. F. H.

April 23, 1943.

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## LETTER FROM DR. WILLIAM GERAN

Dear Joe:

Just a few lines to let you know I am still kicking around here in England. Thanks for your letter received some time ago.

Things are rather quiet around here at present. I'm assistant to the chief of the orthopedic service here. He is a fine young chap from Tennessee—two years residency in orthopedics in Miami and a year's postgraduate study in orthopedics at U. of Pa. Had been in practice about a year and a half before entering the service. We get along fine.

Our work consists mostly of athletic injuries, march fractures, bad feet, ingrowing toenails, etc., and an occasional simple fracture. For the present the service to be rendered in any Station Hospital is limited by Army regulations. However when things begin to hum over here we expect to be given more privileges.

Our C.O. is strictly G.I. Demands everything to be carried out according to regulations—both professional and administrative and makes no bones in telling us. This unit was formed in Texas last summer and came over intact. Four officers were added to it in January, I, being one. Up to now there have been no promotions among the officers, so I've resigned myself to be a lieutenant for the duration.

I have put in for a leave the first week in May to attend a Fracture Course in London to be given by Mr. Watson Jones. This course is limited as to number and the selection of U. S. Army medical officers is being made by the Chief Surgeon of the E. T. O. (Eastern Theater of Operations).

Our location, buildings and acommodations here are ideal. This unit is supposed to be the Model U. S. Station hospital over here, which means frequent inspections by visiting brass hats. The C. O. certainly insists on maintaining its reputation. Beside the wooden building we have a fair sized campus consisting

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